Find Your Zen...Within...

www.zendevawellness.com

BRILLIANT MIND BLUEPRINT

7 DAY CHALLENGE

How to Create More Time and Freedom in Your Busy Life

Let's Get Started

DECLUTTER
day one

Less Stuff = Less distractions. Calm the Mind With a Clear Environment

Task:

Pick one room in your house that you spend most of your time in and get rid of everything you don't use and organize the things you do use.

Step One: Take everything out (empty drawers, closets, boxes, etc).

Step Two: Throw away or donate anything that has not been used in the past 6 months (or one year if it is seasonal).

Step Three: Categorize all of your Items.

Step Four: Place items in appropriate bins and locations with the most commonly used being the easiest to reach. Bins are helpful because, if a bin is overflowing then you know it is time to get rid of some things in that category.

GOAL SETTING
day two

Without Clear Goals in Mind, Work is Meaningless

Part ONE
Guided Visualization

1 **What do you enjoy most about your life right now?**

2 **What aspects of your life are you not satisfied with? Which of these would you like to eliminate from your life, and which of these would like to improve upon?**

3 **What do you want more of in your life? This could be time, money, human connection, access to nature, etc.**

4 **How do you feel physically and what is your ideal picture of health?**

5 **In what areas could your relationships improve?**

6 **What do you expect out of your career and what would that look like if you achieved ultimate success in your business?**

Part Two
Goal Creation

Now that you have an idea of what you want your dream life to look like, it is time to create goals and take the action steps needed to help you achieve your dream life. It is crucial that we have short term AND long term goals. Follow the SMART method for setting goals. Well written goals have the following qualities: **S**pecific, **M**easurable, **A**ttainable, **R**elevant, and **T**ime based.

Short term goals should be action based. An example of this would be: I will have met with five new contacts to discuss my newest program within two weeks. Short term goals are generally set to be met before 6 weeks.

Write your short term goals here:

1.

2.

3.

4.

5.

Long term goals should be outcome based. An example of this would be: My business will gross 1,000,000 dollars by the end of 2021. Long term goals can be set to be met from 6 weeks to years.

Write your long term goals here:

1.

2.

3.

4.

5.

RITUALS
day three

Create Meaningful Daily Rituals to Get You Closer to Your Goals

WAKE-UP RITUAL

WORKDAY START RITUAL

WORKDAY END RITUAL

BEDTIME RITUAL

PRIORITIZE

day four

Don't Get Bogged Down By the Petty Tasks

EMERGENCIES

GOAL ACHIEVERS

EXTRAS

LEISURE

ALLOCATE YOUR TIME

day five

Constantly Switching Tasks is Exhausting. Bring Focus to Each Task and GET IT DONE

Take the "goal achievers" that you have identified when prioritizing your day and allot the amount of time you want to be spending on each task. Set a timer when you begin the task.

Do not switch tasks at any point while the timer is running.

When the timer goes off, you must move onto the next task even if you are not finished.

FEED YOUR BRIAN

day six

Nutrition is essential to your mental health. Use the below strategies to improve your ability to commit to a healthy way of eating, without taking up too much of your time.

TASK #1

Create a grocery list that can be used over and over again. Include your weekly essentials. This list should be clear and concise so that if you needed to send someone else to do the shopping, they would know exactly what to get.

TASK #2

Write on your calendar which days you will meal prep. I recommend scheduling 1-2 hours for at least two times during the week. If possible, keep the same meal prep schedule every week for consistency.

TASK #3

Look at your grocery list and schedule and figure out ways you can automate or delegate. For example, if you know that every two weeks you need to buy paper towels or rice from the grocery store, consider putting this on subscription. Maybe it is easier for you to have your groceries delivered, this would be a form of delegation.

MEDIATION & MINDSET

day sever

With the busyness of modern day life, it is easy for the mind to become clouded. To avoid losing focus on your goals and on what is most important in life, meditation and deep breathing can be very helpful. Check out the following resources to help you discover strategies that work for you!

Top Meditation Apps

- Calm - free trial
- Insight Timer - free
- Headspace - free trail
- Ten Percent Happier (excellent for beginners) - free trial

Mindset Podcasts

- Happier with Gretchen Rubin
- Optimal Living Daily
- Good Life Project
- The School of Greatness

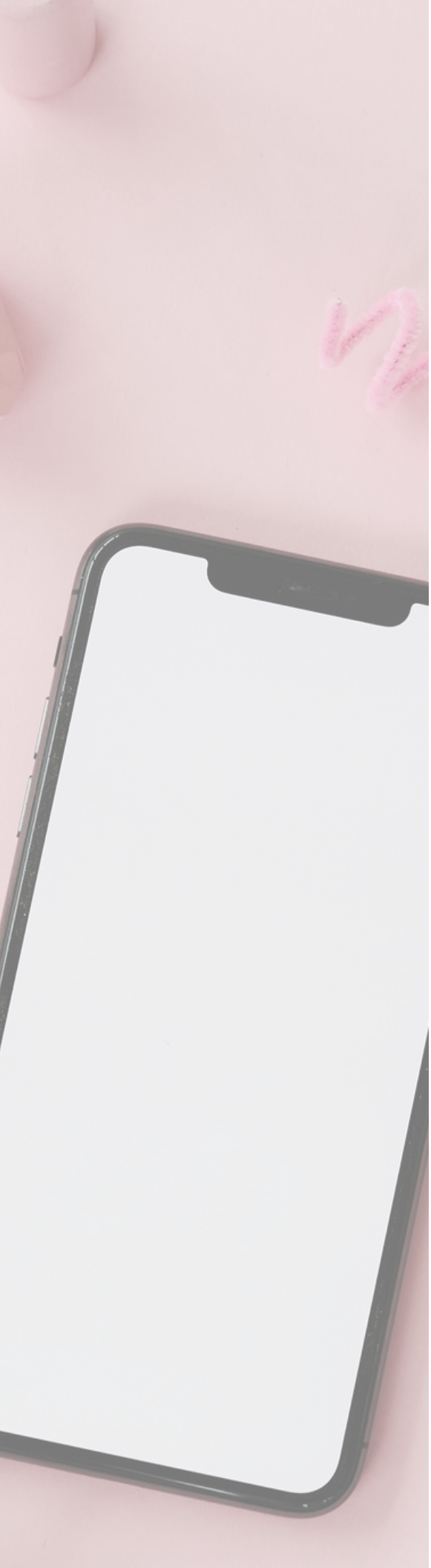
MEDITATION TIPS

1. Create a quiet and comfortable space to complete your meditation. This space should be different from where you work, eat, or complete other daily tasks.

2. Start small, five to ten minutes per day is better than nothing. Chose a time frame that is manageable for you.

3. Release expectations. Meditation is a practice and it may take time for you to truly be able to calm the mind. The first several times you meditate may not be easy.

4. Start with deep breathing to help relax and calm the body.



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Facebook.com/zendevawellness

Twitter.com/@ZenDevaWellness

@zendevawellness

www.zendevawellness.com

info@zendevawellness.com

(361) 585-9497

www.zendevawellness.com